



New!

Virtual

45 min

10 - 1,000 guests

\$20 pp

Available May 13

Say goodbye to stress and hello to self-care as we embark on a fun-filled bingo adventure focused on well-being. Wellness Bingo is all about promoting health, relaxation, and connection among your team. From the comfort of your home office, participate in a series of wellness-themed bingo challenges that will inspire healthy habits and a balanced lifestyle.

Discover a variety of wellness activities as you mark off squares on your virtual bingo card, each representing a different aspect of self-care. Whether it's practicing mindfulness, taking a virtual stretch break, enjoying a nutritious snack, or expressing gratitude, there's something for everyone to explore. Connect with colleagues as you share your experiences, tips, and accomplishments in a supportive and uplifting virtual environment.

You'll have the opportunity to engage in live activities such as guided meditation, desk yoga sessions, healthy recipe sharing, and more. Learn practical tips for incorporating wellness into your daily routine.

Whether your team is full of wellness enthusiasts or are new to the world of self-care, Wellness Bingo offers an interactive way to prioritize your team's health and happiness, in and out of the office.

**Interested in booking this event at \$15 per person? Explore our Virtual Social Calendar package ↗**

Book this event as part of our annual Virtual Social Calendar, and you'll be able to book a package of 12+ events at \$15 per person per event with a 10-guest minimum. You'll also earn 10% off all additional teambuilding.com bookings while you're an active Social Calendar client! Send us an email at [info@teambuilding.com](mailto:info@teambuilding.com) or [schedule a quick call](#) to learn more about booking this package!

### What is Virtual Social Calendar?

Virtual Social Calendar is a package deal of your choice of 12+ of our 15-to-45 minute virtual event options. Our Virtual Social Calendar events are carefully designed to support connections, growth, and a positive remote work environment all while cultivating higher levels of engagement in just 12 months.

You get to choose your events, or we can design a curated calendar specifically for your team's unique

needs. We offer opportunities for regular feedback and engagement reports. Virtual Social Calendar offers access to our expanded library of events at a reasonable rate of \$15 per person per event, allowing you to outsource employee engagement to our industry-leading team.

## Agenda

Welcome + intro Our friendly host will welcome your guests into the virtual room and give a quick rundown of how Wellness Bingo works. This welcome sets the tone for a fun, serene adventure focused on a proven methodology for better wellness.	5 minutes
Wellness Bingo Your group will enjoy a series of Bingo-inspired prompts centered around Martin Seligman's research methods into well-being. Each prompt is carefully curated to offer practical tips for improving wellness in and out of the office.	35 minutes
Wrap up + conclusion Your wellness facilitator will wrap up the event with lessons learned and key takeaways, leaving your group with actionable items they can implement into their lives.	5 minutes
<b>Total</b>	<b>45 minutes</b>

## Your Experience

- 45 minutes with a professional [teambuilding.com](https://teambuilding.com) host.
- Takes place on our Zoom account by default.
- Includes all game materials for effective team building.
- We take fun team photos you can share anywhere.

## Things to Know

- You can book for an estimated # of guests and update it later. Added guests are invoiced at the per person rate and removed guests are credited to your [teambuilding.com](https://teambuilding.com) account.
- All participants must have a computer with web cam, microphone and internet connection capable of doing a video call.
- No downloads required.
- Book as a standalone event at our standard pricing, or book as part of our Virtual Social Calendar at a reduced rate of \$15 per person with a 10-guest minimum for 12+ events!

## Your Host Team



### **Lead Host**

This experience is led by an expert teambuilding.com host that makes sure everyone participates and has a great time.



### **Co-Host**

A co-host manages the technical aspects and "behind the scenes" work so that it all runs smoothly.



### **VIP Support**

VIP Support is your point of contact before the experience and handles any follow up tasks.



### **Client Advisor**

Your client advisor can help with customizations, large groups and multi-event packages.

## **About teambuilding.com**

We build and run world class team building experiences, with 1,000,000+ participants and 45,000+ clients to date. You can choose from 50+ experiences, both in-person and virtual that are designed to maximize participation, engagement, teamwork and happiness. Every experience is led by an expert teambuilding.com host with substantial training to make sure your experience exceeds expectations.

This document is current as of 2024/04/22.

Until a booking is confirmed, availability, pricing and terms may be subject to change.

Booking [terms & conditions](#) apply, including cancellation and refund policies.

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